

Grape Leaves with peanut butter filling/ like bread

Grape Leaves

Nutritional Information

For general health and wellness, grape leaves are a good source of nutrients, including vitamins C, E, A, K and B6, plus niacin, [iron](#), fiber, riboflavin, folate, calcium, magnesium, copper and manganese.

Peanut Butter

Protein

A 2-tablespoon serving of peanut butter contains 7 grams of protein. Your body uses the amino acids found in protein to build and repair muscle tissue. In addition to building metabolism-boosting muscles, protein-rich foods like peanut butter keep you feeling fuller for longer. The protein in peanuts, like other plant proteins, contains an incomplete set of amino acids, so you should have a glass of [milk](#) with your peanut butter sandwich to complete the set, recommends [sports](#) nutritionist Nancy Clark.

Healthy Fats

Peanut butter contains the same ratio of saturated to unsaturated fats as olive oil, says Harvard Medical School. The poly- and monounsaturated fats in the spread lower your risk of developing heart disease and type 2 diabetes.

Potassium

Excess sodium in your diet puts stress on your cardiovascular system, but potassium can counter the negative effects of sodium. Peanut butter brands with added salt contain two times more potassium than sodium, and unsalted varieties are even more heart-healthy, says Harvard Medical School.

Fiber

A 2-tablespoon serving of peanut butter contains about 2 grams of dietetic fiber. While not the most fiber-rich of foods, peanut butter can help supplement your fiber intake from other foods. Fiber helps regulate your digestive system by promoting healthy bowel movements, and, like protein, fiber keeps your hunger at bay between meals.

Oatmeal and Chia Seeds

Chia seeds can be added to anything but oatmeal is a great source of vitamins as well and its also cheap. At the bottom of this page is a link to a source of chia seeds. 1Lb is one month per person.

Oatmeal

Nutrition

The table below summarizes the nutritional value of 100 grams of oats. Recommended dietary allowances have been omitted because they vary based on country, age, sex and pregnancy.

Oats	
Nutritional value per 100 grams	
Energy	390 kcal / 1630 kJ
Carbohydrate	66 g
Dietary fiber total	11 g
- Beta glucan	5 g
- Insoluble	6 g
Total fat	6 g
- Saturated	1.217 g
- Monounsaturated	2.178 g
- Polyunsaturated	2.535 g
- Cholesterol	0 g
Protein	17 g
Minerals	
Calcium	54 mg
Iron	4.72 mg
Magnesium	177 mg
Phosphorous	523 mg
Potassium	429 mg
Sodium	2 mg
Zinc	3.97 mg
Copper	0.626 mg
Manganese	4.916 mg
Vitamins	
Vitamin C	0 mg
Thiamin (B1)	0.763 mg
Riboflavin (B2)	0.139 mg
Niacin	0.961 mg
Pantothenic acid	1.349 mg
Vitamin B-6	0.119 mg
Total folate	56 mcg

Vitamin B-12	0 mcg
Vitamin A	0 IU
Retinol	0 mcg

Amino Acids

Tryptophan	0.234 g
Threonine	0.575 g
Isoleucine	0.694 g
Leucine	1.284 g
Lysine	0.701 g
Methionine	0.312 g
Cystine	0.408 g
Phenylalanine	0.985 g
Tyrosine	0.573 g
Valine	0.937 g
Arginine	1.192 g
Histidine	0.405 g
Alanine	0.881 g
Aspartic acid	1.448 g
Glutamic acid	3.712 g
Glycine	0.841 g
Proline	0.934 g
Serine	0.750 g

Data source : [USDA National Nutrient Database](#)

Chia

No Gluten No Flour

The Chia Seed is an amazing food. For centuries many have used the seeds for a host of different reasons. Native Americans would take a pouch of seeds and a gourd of water on their trips. The seeds were their food source and taken with the water they would hydrate their bodies for endurance. When you hydrate the seeds in water the seeds shell opens up and absorbs up to nine times its volume in water. This then forms a gel, which is called Chia Seed Gel. The gel helps keep your body hydrated. The gel is also 90% soluble fiber, which is beneficial for your digestive track. People use the seeds when they are involved in sports or physical activities for endurance.

The seeds have twice the protein of any other seed or grain, five times the calcium of milk, boron which is trace mineral that helps transfer calcium into your bones, omega 3 and omega 6 which are essential oils for the body. They also have a very long list of valuable nutrients in them naturally. The soluble fiber in the gel forms a wall between carbohydrates and the body, releasing them slowly into the body. This has been found to be very helpful for people who have trouble controlling their sugar levels like Diabetics. Dieters love the seeds because it can be added to any food or drink in a ratio of 75% to the volume of food or drink and will not change the taste. Because the carbohydrates are released slowly you will get the feeling of being full. Many use the seeds as a way to control their appetites. The gel has no taste.

The best way to use the seeds is to take the seeds already hydrated so they will not absorb your own body fluids to hydrate. The seeds may be added to anything from water to juice and any food. Any age bracket could benefit from adding the seeds to their diet.

Chia is very rich in omega-3 fatty acids, even more so than flax seeds. And it has another advantage over flax: chia is so rich in antioxidants that the seeds don't deteriorate and can be stored for long periods without becoming rancid. And, unlike flax, they do not have to be ground to make their nutrients available to the body. Chia seeds also provide fiber (25 grams give you 6.9 grams of fiber) as well as calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc.

http://www.therawfoodworld.com/index.php?main_page=product_info&products_id=1004661

There are several places to buy chia online, this is not the only supplier, it is just one I ran across. If a person has access to a computer they could order this cheap item for stash purposes.



“Free Foods” list These Items Can Be Used for Stews, Salads, or Just Greens

Mulberry Leaves (Young Leaves Taste Best)

Active Ingredient in Mulberry Leaves The leaves have some obvious benefits for humans. They contain various minerals and extracts, such as beta-carotene, GABA-1, amino acids, carotenoids, flavonoids, chlorophyll, [vitamin C](#), B1, B2, B6, A and they are rich in fiber.

From this you can see Mulberry is very fortified with minerals and due to the high levels of active ingredients it has prompted a bevy of research. For example the leaves contain six times more [calcium](#) than green tea, 25 times more than milk and 40 times more than cabbage. With respect to iron it contains 2.5 times more than green tea and 10 times more than spinach.

In addition, Mulberry leaves are a great source of fiber. They contain the same level of fiber as burdock roots and osmunda (“zenmai” in Japanese). The ingestion ratio of the leaves’ fiber is 8 soluble to 45 insoluble. Furthermore, in 100g of Mulberry dried leaves you can find 230mg of gamma-amino acid, which is believed to lower blood pressure. 100g of the leaves also contains 46mg of sitosterol which controls the absorption of [cholesterol](#) in the intestines, while the same amount of green tea provides 14mg of sitosterol. Because of the high source of mineral content Mulberry leaves are expected to become a super food material in the near future with preventative effects against adult diseases such as hypertension.



Grape Leaves (Wild or Not)

Nutritional Information

For general health and wellness, grape leaves are a good source of nutrients, including vitamins C, E, A, K and B6, plus niacin, [iron](#), fiber, riboflavin, folate, calcium, magnesium, copper and manganese.



Cattails (You must be able to identify wild foods)

Cattail Nutritional Information

[Shoot](#)

Nutrients

[water](#)
[92.65 mg](#)

[food energy - calories](#)
[25 mg](#)

[protein](#)
[1.18 mg](#)

[sugars](#)
[0.22 mg](#)

[fat](#)
[0 mg](#)

[carbohydrates](#)

5.14 mg

dietary fiber
4.5 mg

ash
1.03 mg

Minerals

Calcium
54 mg

Magnesium
63 mg

Potassium
309 mg

Zinc
0.24 mg

Iron
0.91 mg

Phosphorus
45 mg

Manganese
0.76 mg

Selenium
0.6 mg

Copper
0.041 mg

Sodium
109 mg

Vitamins

Vitamin A

11 mg

Vitamin B1 (Thiamin)

0.023 mg

Vitamin B2 (Riboflavin)

0.025 mg

Vitamin B3 (Niacin)

0.44 mg

Vitamin B5 (Pantothenic Acid)

0.234 mg

Vitamin B6

0.123 mg

Vitamin B12

0 mg

Vitamin C

0.7 mg

Vitamin D

0 mg

Vitamin E

0 mg

Vitamin K

22.8 mg

Folate

3 mg

Folic Acid

0 mg

Alpha Carotene
0 mg

Beta Carotene
6 mg

Choline
23.7 mg

Retinol
0 mg

Fatty Acids

Saturated Fats
0 mg

Monounsaturated Fats
0 mg

Polyunsaturated Fats
0 mg

Cholesterol
0 mg

Notes

A serving size of 100g of narrow leaf shoots (northern plains indians) cattail contains 25 calories and has 1.18 grams of protein, 0.22 grams of sugar, 0 grams of fat, 4.5 grams of fiber and 0 milligrams of cholesterol. Narrow Leaf Shoots (northern Plains Indians) Cattail contains the following vitamins and minerals: Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin C, Calcium, Magnesium, Potassium, Zinc, Iron, Phosphorus, Manganese, Selenium, Copper and Sodium.

harvesting cattails

According to <http://www.survivaltopics.com/survival/harvesting-cattail-shoots/>

Harvesting cattail shoots for food is easy. Simply grasp the shoot at its base, as close to the root as possible. You may have to press your hand into the mud an inch or so in order to do this. Then gently pull upward until the cattail shoot breaks off. You should be able to gather a large pile of shoots in no

time at all.

Preparing Cattail Shoots

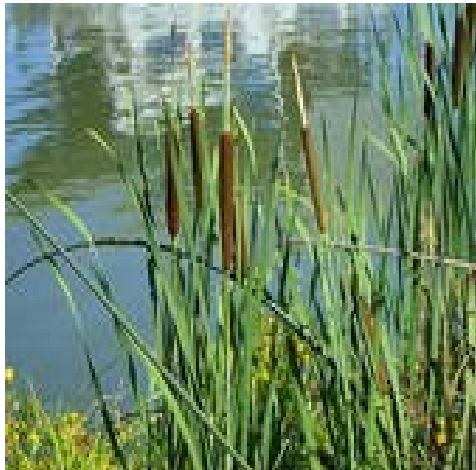
Peel cattail shoots because the outer layers are tough. They are very easy to peel off using your fingers alone. Be sure to keep the lower portion of the green leaves as they are especially tender and tasty.

Before eating, make sure to wash your cattail sprouts in clean water that has been treated to remove parasites and other nasty creatures. Your swamp may very well be harboring such intestinal pests as giardia. If you do not have clean water available, you can boil your cattail shoots for a short while in order to be on the safe side.

Cattail shoots can be gathered in large quantities and pickled, frozen, or canned.

The Edible Cattail

They taste like cucumbers. They are fine food eaten raw, boiled, steamed, or in salads. It seems they would contain a host of vitamins, minerals, and starch for the food energy you need to survive.



Poisonous lookalikes: Wild Iris - Yellow Flag, Blue Flag only cattail has the brown seed spike

This link will take you to several edibles with lots of pics.

<http://www.practicalsurvivor.com/wildedibleplants>

The purpose of these edibles are to “survive without starving” with little or nothing.